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My Gift of Gratitude Journal: 30 Reasons I m Grateful for You! (Paperback)

By Taylor Bloom

Mygiftofgratitude.com, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Please note: this book is a high quality paperback. It is not coil-bound. Whether you are the giver or the receiver, you hold a powerful and potentially life-changing gift in your hands. Feeling grateful is simple to do, but easy to forget. However, people who increase their gratitude have been shown to be happier. Numerous studies indicate many potential benefits to writing in a gratitude journal or diary. Benefits such as: - Boosting happiness - More optimism - Increased mental strength resilience - Higher self-esteem - Better sleep -Even improved physical health But what happens when you GIVE a Gratitude Journal to someone? One word. Magic. This journal is customizable. It includes inspirational quotes and thirty pages where you can personalize your amazing gift. Flexible writing prompts include I m grateful for. Your journal entries might be long or they could be one meaningful word. There are pages near the end where you can draw or paste photos and memorabilia. This gratitude journal version is appropriate for a wide variety of relationships. Boyfriends, girlfriends, husbands, wives, sons, daughters, mothers, fathers. Give yourself and...



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